

ABSTRACT OF THE DISCLOSURE

A method for making sourdough pancakes and waffles is disclosed. The method comprises the steps of making a sourdough pre-mix from sourdough sponge that has been proofed, cooling and storing the sourdough pre-mix, removing a portion of the sourdough pre-mix, adding a leavening agent to the pre-mix to produce a batter and preparing sourdough pancakes or waffles from the batter. Preferably, the proofed sourdough sponge is reproofed before the pre-mix is made. Remarkably delicious and pungent sourdough pancakes and waffles are produced.